

## Kristine Goto

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### E D U C A T I O N

Arizona State University	Counseling Psychology	Ph.D. 2007
Arizona State University	Counselor Education	M.Ed. 2005
Harvard University/ Moscow Art Theatre, Russia	Theatre	M.F.A. 1999
Arizona State University	Theatre	B.F.A. 1993

### C L I N I C A L E X P E R I E N C E

*Post-Doctoral Residency* 2007-2008  
Arizona Psychology Training Consortium  
Beljan Psychological Services  
Supervisor: Paul Beljan, Psy.D., ABPdN  
Secondary Supervisors: William Jenkins, Ph.D., and John Stapert, Ph.D.

Specialization in pediatric neuropsychology and assessment. Provision of evaluation, consultation, interpretation, and therapeutic services. Additional participation in forensic neuropsychology. Training emphases on giftedness, ADD, traumatic brain injury and other developmental spectrum disorders. Treatment modalities and services include EMDR, hypnosis, cognitive and behavioral planning techniques. Residency will include 2000 supervised hours.

*Pre-Doctoral Internship* 2006-2007  
Arizona Psychology Training Consortium  
The Meadows of Wickenburg, AZ  
Supervisor: Ronald Teed, Ph.D.  
Secondary Supervisor: Mary Baron, Ph.D.

Participation in an APPIC approved pre-doctoral internship through the Arizona Psychological Association's Training Consortium. Continued specialization in addictions and trauma at The Meadows including psychological evaluation, test administration, selection, interpretation, and integrated report writing. Weekly participation in consultation-liaison activities with the departments of Psychiatry, Psychology, Medical Services, and Counseling. Weekly participation in the supervision of primary counselors through scheduled staffings and master treatment planning. Attendance at monthly AZPA Training Consortium didactic workshops covering an array of theoretical and therapeutic techniques. Total of 2000 supervised hours.

*Pre-Doctoral Internship Rotation*  
Healthsouth Scottsdale Rehabilitation Hospital  
Supervisor: Sari Roth-Roemer, Ph.D.

Group facilitator leading psycho-education and rehabilitation coping groups for patients and their families. Topics addressed include Cerebral Vascular Accident / Stroke and Rehabilitation Coping Skills. Consult with physical, occupational, speech and respiratory therapists and nurses in the provision of patient care. Weekly supervision with staff neuropsychologist. Approximately 6 supervised hours per week in an inpatient rehabilitation setting.

*External Clinical Field Placement* 2005-2006  
The Meadows of Wickenburg, AZ  
Supervisor: Ronald Teed, Ph.D.

Specialization in addictions and trauma at level I acute psychiatric inpatient facility.

Responsibilities included conducting diagnostic patient interviews and assessments that led to approximately 20 integrated reports per month. Routinely administered a standard battery of diagnostic, personality, intellectual/cognitive, and projective assessments. Active collaboration with psychiatry, nursing, counseling and psychology departments. Emphasis on compulsive behaviors, depression, anxiety/panic, and PTSD. Collaboration with nursing to broaden the focus of existing patient health and wellness program by integrating the use of Ericksonian hypnosis, guided imagery, relaxation and stress-coping skills. Total of 693 hours (366 direct client contact) in 2005-2006 academic year.

*External Clinical Field Placement*

2004-2005

Banner Good Samaritan Regional Medical Center, Family Practice  
Supervisor: Jim MacKenzie, Ph.D.

Counselor in both an inpatient hospital and outpatient medical practice setting with an ethnically diverse range of clients. Focused on health promotion and intervention, including adjustment, grief, stress, chronic pain, sexual abuse, substance abuse, mood disorders, suicidality, anxiety, panic, OCD, and Axis II presentations. Consultation-liaison with physicians as part of a biopsychosocial team approach to patient care. Active participation in the didactic training of 1<sup>st</sup> to 3<sup>rd</sup> year family practice resident physicians, accomplished through direct observation and the provision of performance improvement feedback. Daily didactic training related to acute care, chronic health management, and practice. Total of 783 hours (390 direct client contact) in 2004-2005 academic year.

*Doctoral Practicum Counselor*

2003-2004

Counselor Training Center, Arizona State University  
Supervisor: Judith Homer, Ph.D.

Conducted both short and long-term therapy with ethnically diverse clients ranging in age from 12 to 60 years. Provided treatment for depression, anxiety, sexual abuse, family conflict, acculturation and identity issues, adjustment disorders, substance abuse, borderline personality disorder, eating disorders, and other presenting concerns. Assessment training includes administration of the MMPI-2, MMPI-A, MCMI-III, NEO PI-R, PRF, SCL-90-R, BDI and BAI instruments. Total of 232 hours (89 direct client contact) in 2003-2004 Doctoral practicum.

*Masters Level Practicum Counselor*

2003

Counselor Training Center, Arizona State University  
Supervisor: Wendy Huang, M.S. and Judith Homer, Ph.D.

Counseled ethnically diverse clients presenting with various concerns, including sexual abuse, rape trauma, dependent personality disorder, grief and bereavement, anger management, stress management, couples counseling, generalized anxiety, and mood disorders. Provided treatment planning and standard assessments. Total of 185 hours (42 direct client contact) in 2003 Masters practicum.

*Group Facilitator*

2002-2003

Curry Elementary School  
1974 E. Meadow Drive, Tempe, AZ 82282  
Supervisors: Barney Demicell, M.Ed., M.C. and J. Jeffries McWhirter, Ph.D.

Designed and implemented a 15 week social skills building program with third to fifth grade students from an ethnically and socio-economically diverse public school. Focused on anger and conflict management, adjustment difficulties, bullying, coping skills, dealing with loss and divorce, stress management and improved interpersonal communication within a weekly counseling/psychoeducational group format.

## E M P L O Y M E N T

*Study Coordinator/Psychometrist*  
Southwest Health, Ltd.

2003-2006

DbA The Mollen Clinic  
4602 N. 16th St. Suite 200  
Phoenix, AZ 85016  
Supervisor: Arthur J. Mollen, D.O.

Responsible for all procedures involved in the submission of data for clinical research of experimental psychotropic Rx in accordance with standards of good clinical practice and review. All duties from intake, psychometric and diagnostic assessment, administration of drug, safety and efficacy measurement, completion of case reports, discrepancy notifications, and clinical study protocol procedures performed. Served as the lead contact and addressed all communication with pharmaceutical MPCs, monitors, IRB and regulatory concerns on existing psychopharmacological trials. More than 4000 HAM-D, HAM-A, MADRS, and MINI Neuropsychiatric Interviews performed.

*Clinical Research Coordinator/Psychometrist* 2002-2003  
Biomedical Stress Research Foundation  
4602 N. 16th St. Suite 201  
Phoenix, AZ 85016  
Supervisor: Harold D. Udelman, M.D.

Approved rater and clinical research coordinator for experimental psychotropic Rx studies related to MDD-R, Bipolar Disorder, GAD, Schizophrenia, Erectile Dysfunction, and Dysthymia. Conducted screening assessments, diagnostic interviews, weekly patient management, and the completion of all case report forms and procedures obtained for pharmaceutical submission to the FDA.

*Company Member/Principal Actor* 2000-2001  
American Repertory Theatre  
64 Brattle St.  
Cambridge, MA 02138

*Corporate Spokesperson/Actor* 1990-2007  
The Leighton Agency  
2375 E. Camelback Rd. 5th Floor  
Phoenix, AZ 85016

## S P O N S O R E D P H A R M A C E U T I C A L R E S E A R C H

Forest Laboratories, Inc. 2005-2006  
Psychometrist/Rater: *A Double-Blind Study of Escitalopram in Adult Patients With Major Depressive Disorder*

Forest Laboratories, Inc. 2005-2006  
Psychometrist/Rater: *A Fixed Dose Comparison of Escitalopram Combination in Adult Patients With Major Depressive Disorder*

Forest Laboratories, Inc. 2004-2006  
Psychometrist/Rater: *A Double-Blind Flexible Dose Comparison of the Safety and Efficacy of Escitalopram and Placebo in the Treatment of Major Depressive Disorder in Diabetic Patients*

Merck & Co., Inc. 2002-2004  
Study Coordinator  
CRC/Rater: *A Worldwide, Multicenter, Double-Blind, Parallel, Active-Controlled, Long-Term Safety Study of MK-0869 in Outpatients With Major Depressive Disorder*

Merck & Co., Inc. 2002-2004  
Study Coordinator  
CRC/Rater: *A Double-Blind, Multicenter, Placebo- and Active-Controlled Acute and Extension Study of MK-0869 in the Tx of Patients With Major Depressive Disorder*

Forest Laboratories, Inc. 2003-2004  
CRC/Rater: *A Double-Blind Flexible Dose Comparison of Escitalopram, Sertraline and Placebo in the Treatment of Major Depressive Disorder*

Forest Laboratories, Inc. 2002-2003  
 CRC/Rater: *A Double-Blind Fixed Dose Comparison of the Safety and Efficacy of 20 mg/day Escitalopram and 225 mg/day Venlafaxine XR in the Tx of Major Depressive Disorder*

Pfizer, Inc. 2002-2003  
 CRC/Rater: *An International, Multicenter Large Simple Trial (LST) to Compare the Cardiovascular Safety of Ziprasidone and Olanzapine in Patients With Schizophrenia*

Forest Laboratories, Inc. 2002  
 CRC: *An Open-Label Extension Study of the Safety and Efficacy of Lu 26-054 in Patients With Generalized Anxiety Disorder*

## R E S E A R C H

Center for Research on Education in Science, Mathematics, Engineering and Technology (CRESMET) at Arizona State University 2006-2007  
 Program Author and Faculty Associate, Virtual Counseling Center  
*Progressive Muscle Relaxation, Guided Imagery, Cue-Controlled Relaxation*

Arizona State University Department of Counseling Psychology 2007 defense  
 Doctoral Dissertation Committee Chair, John Horan, Ph.D.  
*Pulling Back the Curtain on Placebo: The Search for a Relationship between Anxiety and Placebo Response*

Arizona State University Department of Counseling Psychology 2005 defense  
 Master's Thesis Chair, John Horan, Ph.D.

Arizona State University Department of Counseling Psychology 2005-2007  
 Collaboration with Barbara Kerr, Ph.D., Sandy Cohn, Ph.D., and Michel Sarda  
*The Self-Image Discovery Program: An Unmasking of Identity through Professional Photography*

Arizona State University Department of Clinical Psychology 2002  
 Research Assistant to Richard Lanyon, Ph.D.  
*Correlates of the G-Les Test: Establishing the Concurrent Validity of the G-L Employment Survey*

Paradise Valley Community College 2001  
 Research Design, Implementation, and Analysis reporting to Kevin Arps, M.S.  
*Our American Flag: Can it Foment Revenge in Reaction to Terrorism?*

### *Publications & Presentations:*

Goto, K. & Horan, J. J. (2007). Cognitive behavioral therapy and techniques. In F. T. L. Leong et al. (Eds.), *Encyclopedia of counseling psychology*. Thousand Oaks, CA: Sage.

Goto, K. (2007). Psychopharmacology overview: Medications used in the treatment of depression. Didactic lecture for primary and family counselors. The Meadows of Wickenburg.

Goto, K. (2006). Relaxation training: Multiple methods. CRESMET, Arizona State University, published Internet application.

Goto, K. (2005). Barbiturates and benzodiazepines. Lecture series for *Substance abuse: Issues in teaching and therapy* CED 394 undergraduate course. Arizona State University College of Education.

Goto, K. (2005). Addiction and substance abuse: Implications for health. Lecture series for *Substance abuse: Issues in teaching and therapy* CED 394 undergraduate course. Arizona State University College of Education.

Goto, K. (2005). Maintaining the dream in a McJob reality: Stress and the performing artist. Master class lecture for Beth Livingston-Hakes and Judith Durocher voice studios, Scottsdale, AZ.

Goto, K., and Reuter, A. (2005). Stress and relaxation techniques for use in clinical populations. Didactic training series for residents in Family Practice. Banner Good Samaritan Regional Medical Center, Family Practice Clinic.

Horan, J. J. (Chair); Bell, S., Goto, K., Garbarini, B., & Seeley, B. (2008). Counseling psychology responding to national priorities in a global society: Research on academic and life skill programming in the VCC. Symposia presentation at The International Counseling Psychology Conference, Chicago, IL.

Luba, K., and Goto, K. (2004). Adolescent depression. Didactic training series for residents in Family Practice. Banner Good Samaritan Regional Medical Center, Family Practice Clinic.

MacKenzie, J. A., Schaffranek, S., Goto, K., & Sty, M. (2005). The family interview. Didactic training series for residents in Family Practice. Banner Good Samaritan Regional Medical Center, Family Practice Clinic.

## H O N O R S & A W A R D S

Lyons Leadership Scholars Scholarship 2004-2005  
*Arizona State University College of Education*

The Warner Fellowship 2003-2004  
*Division of Psychology in Education*

## M E M B E R S H I P S

American Psychological Association  
APA Division 17, Counseling Psychology  
National Academy of Neuropsychology  
Arizona Psychological Association  
American Mensa

## P A R T I C I P A T I O N

Board Member, Consumer Representative for the Arizona Psychological Association Training Consortium, 2007-present